

WEIDER CLUB™

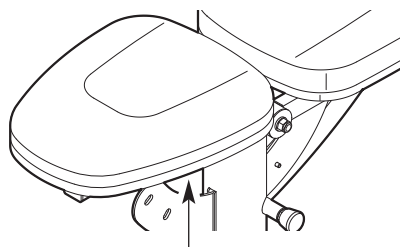
190 W

www.weiderfitness.com

Model No. WEBE1298.0

Serial No. _____

Write the serial number in the space above for future reference.



Serial Number Decal (under seat)

USER'S MANUAL

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are missing, **DO NOT CONTACT THE STORE; please contact Customer Care.**

IMPORTANT: You must note the product model number and serial number (see the drawing above) before contacting us:

CALL TOLL-FREE:

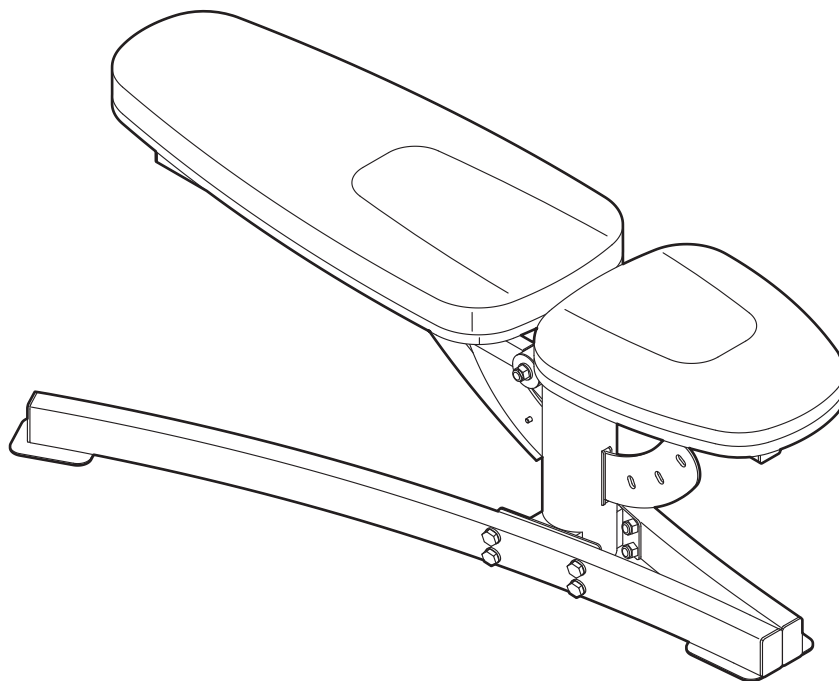
1-877-992-5999

Mon.–Fri. 6 a.m.–6 p.m. MT

Sat. 8 a.m.–4 p.m. MT

ON THE WEB:

www.weiderservice.com



⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

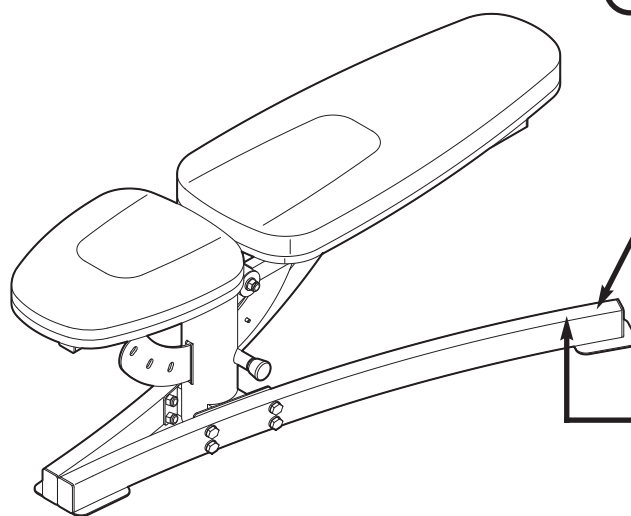


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WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown. Note:** The decal(s) may not be shown at actual size.




⚠ WARNING

User Weight: Max 300 LBS
Weight Crutch: Max 110 LBS
Leg Developer: Max 50 LBS
Weight Carriage: Max 110 LBS
Chest Fly Per Arm: Max 30 LBS

Product may not offer all listed exercises.

⚠ WARNING

- Misuse of this machine may result in serious injury. 
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Keep body, clothing, and hair free and clear of all moving parts.
- Replace label if damaged, illegible, or removed.

IMPORTANT PRECAUTIONS

⚠️ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your weight bench before using your weight bench. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
3. Your weight bench is intended for home use only. Do not use your weight bench in a commercial, rental, or institutional setting.
4. Use your weight bench only on a level surface. Cover the floor beneath the weight bench to protect the floor.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Make sure that there is enough clearance around the weight bench to mount, dismount, and use the weight bench.
7. Keep children under age 12 and pets away from your weight bench at all times.
8. The weight bench is designed to support a maximum user weight of 300 lbs. (136 kg) and a maximum total weight of 510 lbs. (231 kg). Do not use the weight bench with more than 210 lbs. (95 kg) of weight.
9. Wear appropriate exercise clothes while exercising; do not wear loose clothes that could become caught on your weight bench. Always wear athletic shoes for foot protection while exercising.
10. Keep hands and feet away from moving parts.
11. If you feel pain or dizziness while exercising, stop immediately and cool down.
12. Use your weight bench only as described in this manual.

BEFORE YOU BEGIN

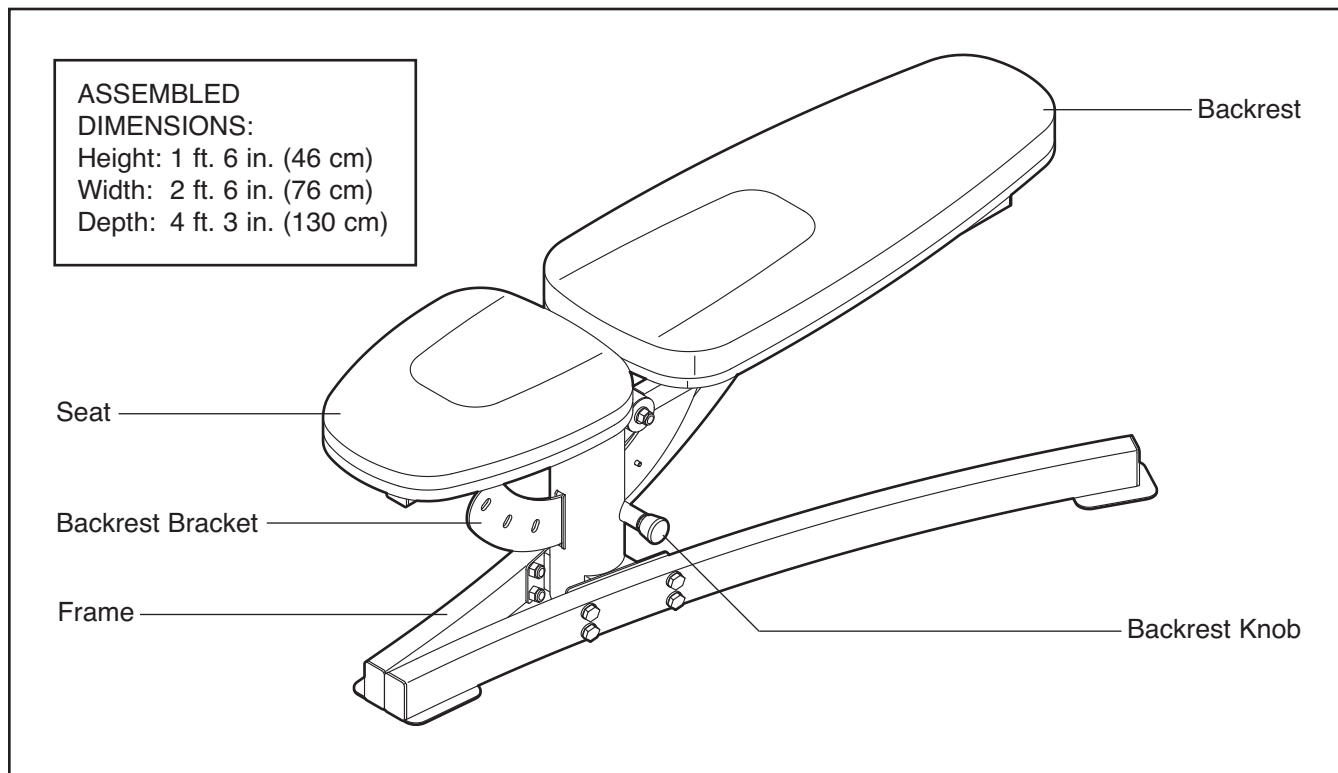
Thank you for purchasing the new WEIDER CLUB™ 190 W weight bench. The 190 W weight bench is designed to be used with your own weights to develop the major muscles of your upper body.

For your benefit, read this manual carefully before you use the weight bench. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us.

The model number and the location of the serial number decal are shown on the front cover of this manual.

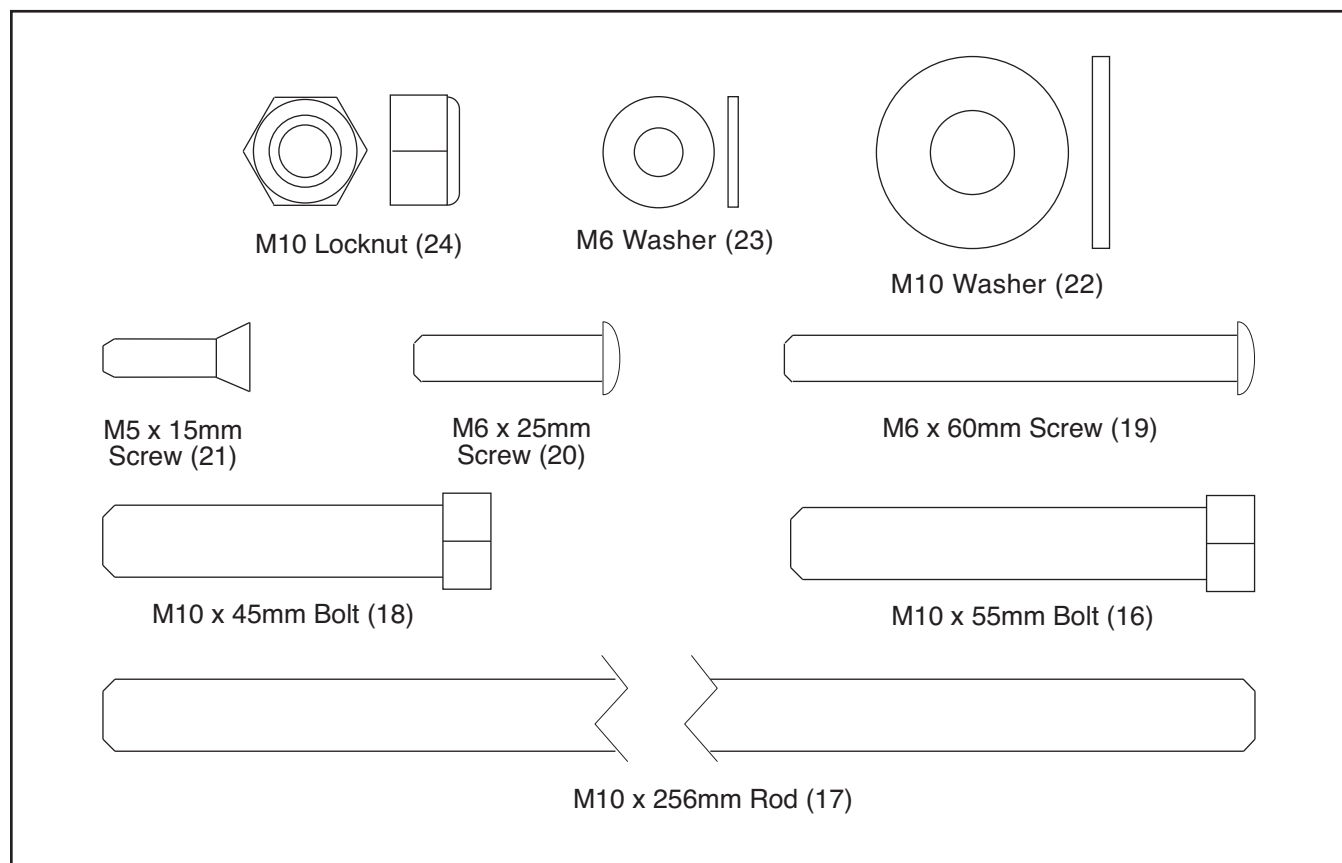
To avoid a registration fee for any service needed under warranty, you must register the weight bench at www.weiderservice.com/registration.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



PART IDENTIFICATION CHART

See the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST on page 11. **Note: Some small parts may have been pre-assembled. If a part is not in the hardware kit, check to see if it has been preassembled.**



ASSEMBLY

- To hire an authorized service technician to assemble the weight bench, call 1-800-445-2480.
- Assembly requires two persons.
- Make sure that there is enough clearance to walk around the weight bench as you assemble it.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- As you assemble the weight bench, make sure all parts are oriented as shown in the drawings.

- Tighten all parts as you assemble them, unless instructed to do otherwise.

- Assembly requires the following tools:

two adjustable wrenches



one rubber mallet



one standard screwdriver



one Phillips screwdriver



Assembly may be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

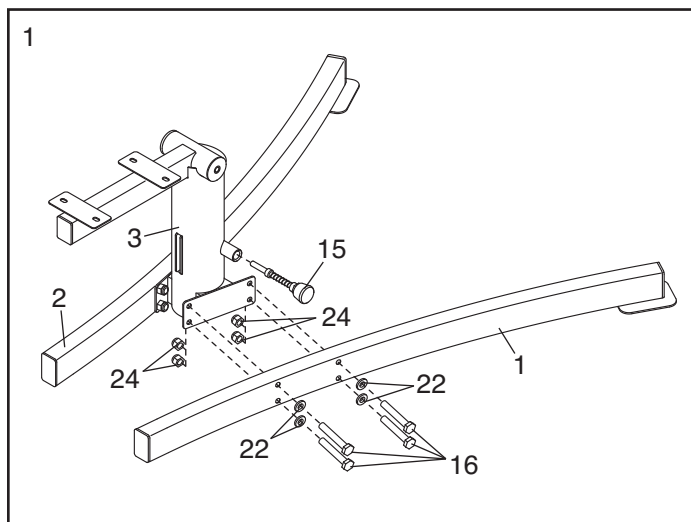
1.

To make assembly easier, read the information above and use the PART IDENTIFICATION CHART on page 5.

Attach the Left Frame (1) to the Seat Frame (3) with four M10 x 55mm Bolts (16), four M10 Washers (22), and four M10 Locknuts (24). **Do not tighten the Locknuts yet.**

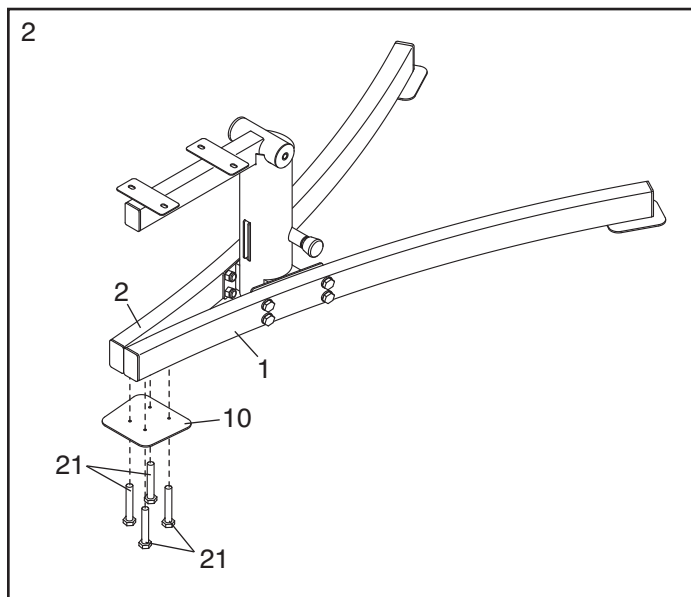
Attach the Right Frame (2) to the Seat Frame (3) in the same way.

Tighten the Backrest Knob (15) into the Seat Frame (3).

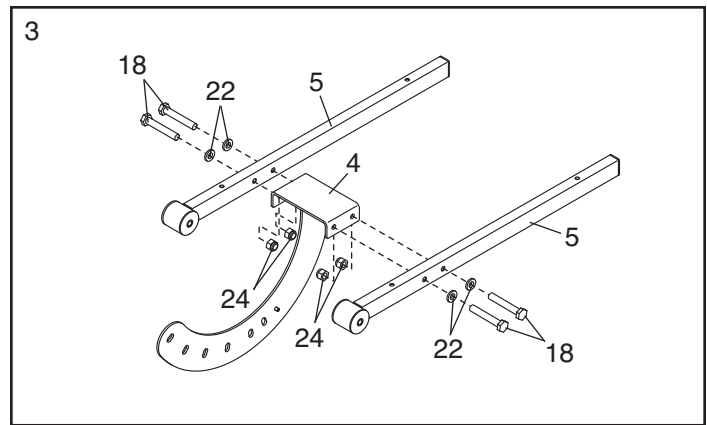


2. Attach the Foot Plate (10) to the Left and Right Frames (1, 2) with four M5 x 15mm Screws (21).

See step 1. Tighten the M10 Locknuts (24).

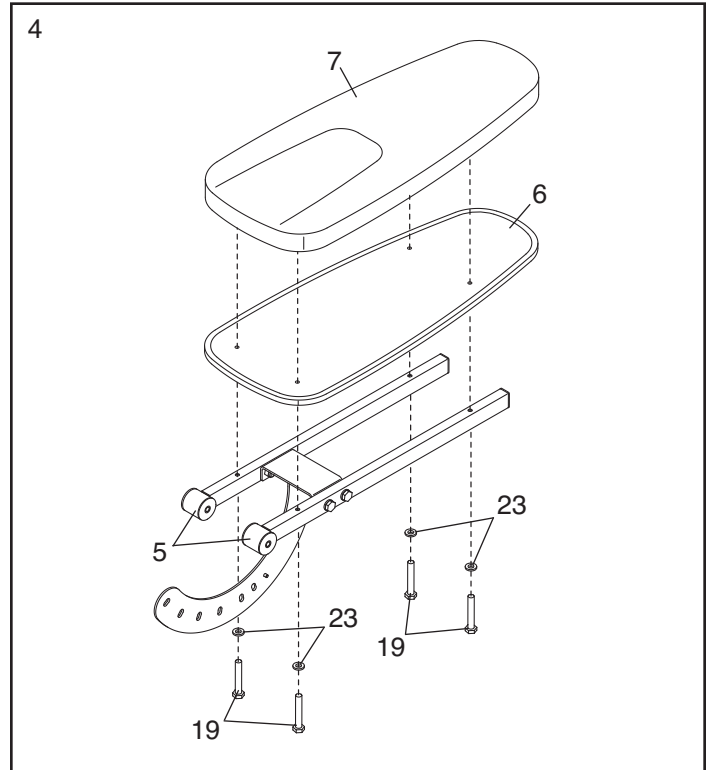


3. Attach the two Backrest Frames (5) to the Backrest Bracket (4) with four M10 x 45mm Bolts (18), four M10 Washers (22), and four M10 Locknuts (24). **Do not tighten the Locknuts yet.**



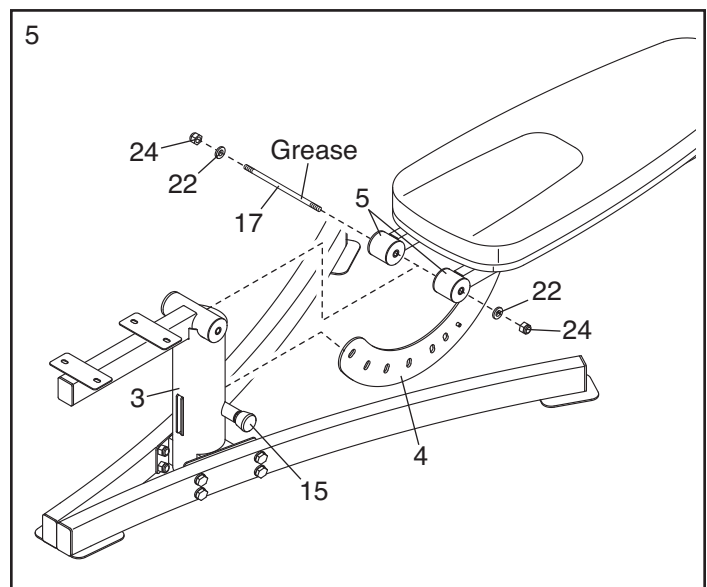
4. Attach the Backrest Plate (6) and the Backrest (7) to the Backrest Frames (5) with four M6 x 60mm Screws (19) and four M6 Washers (23).

See step 3. Tighten the M10 Locknuts (24).

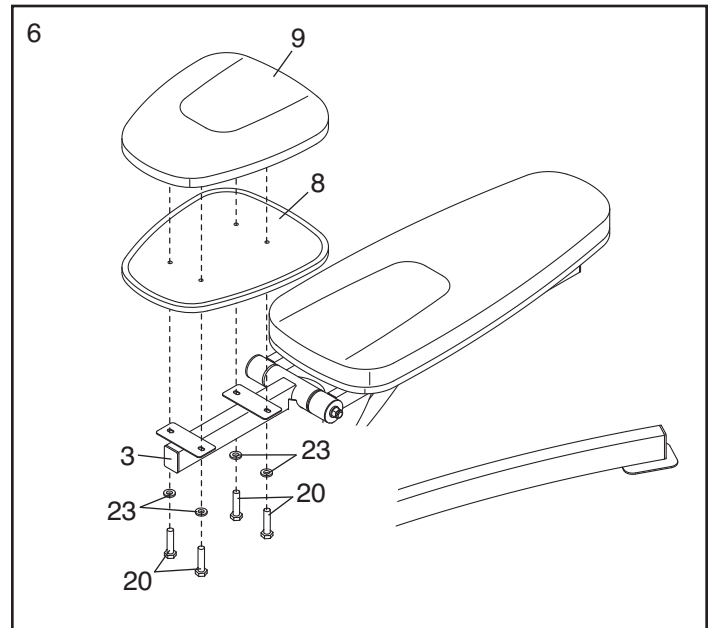


5. Pull the Backrest Knob (15) out as far as it will go. Insert the Backrest Bracket (4) into the Seat Frame (3), and engage the Backrest Knob in one of the holes in the Backrest Bracket.

Apply a small portion of the included grease to an M10 x 256mm Rod (17). Attach the Backrest Frames (5) to the Seat Frame (3) with the Rod, two M10 Washers (22), and two M10 Locknuts (24). **Do not overtighten the Locknuts; the Backrest must pivot freely.**



6. Attach the Seat Plate (8) and the Seat (9) to the Seat Frame (3) with four M6 x 25mm Screws (20) and four M6 Washers (23).



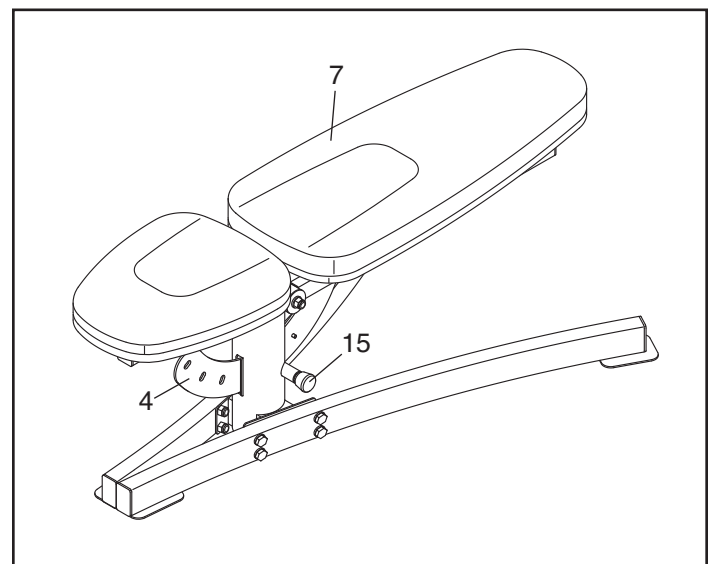
7. Make sure that all parts are properly tightened before you use the weight bench.

ADJUSTMENT

This section explains how to adjust the weight bench. See the accompanying exercise guide to see the correct form for several exercises. Make sure all parts are properly tightened each time the weight bench is used. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent; **do not use solvents to clean the weight bench.**

ADJUSTING THE BACKREST

To adjust the Backrest (7), pull the Backrest Knob (15), raise or lower the Backrest, and then slowly release the Backrest Knob. **Make sure that the Backrest Knob is engaged into one of the holes in the Backrest Bracket (4).**



EXERCISE GUIDELINES

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building

To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will continually adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:

- by changing the amount of resistance used
- by changing the number of repetitions or sets performed. (A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.)

The proper amount of resistance for each exercise depends upon the individual user. You must gauge your limits and select the amount of resistance that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of resistance.

Toning

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of resistance and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of resistance.

Weight Loss

To lose weight, use a low amount of resistance and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training

Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program follows:

- Plan strength training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as running on a treadmill or riding on an elliptical exerciser or exercise cycle, on Tuesday and Thursday.
- Rest from both strength training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of strength training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

PERSONALIZING YOUR EXERCISE PROGRAM

Determining the appropriate length of time for each workout, and the numbers of repetitions and sets to complete, is an individual matter. Avoid overdoing it during the first few months of your exercise program. Progress at your own pace and be sensitive to your body's signals. If you experience pain or dizziness while exercising, stop immediately and cool down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature, and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasizing areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from workout to workout.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled way will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. See the muscle chart on the next page to find the names of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stroke of each repetition should last about half as long as the return stroke. Proper breathing is important. Exhale during the exertion stroke of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set. The ideal resting periods follow:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

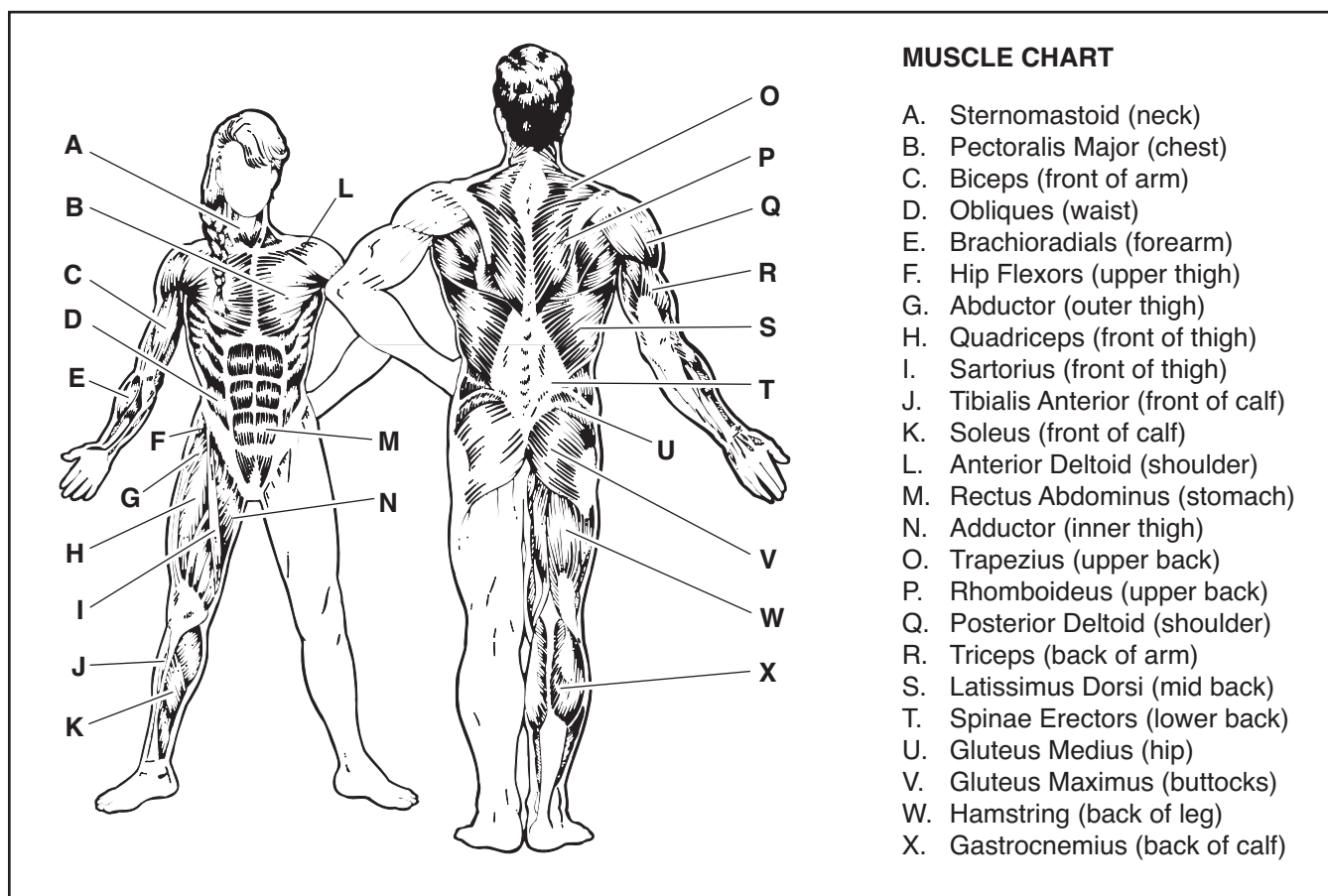
Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. Write the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. The key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.



PART LIST—Model No. WEBE1298.0

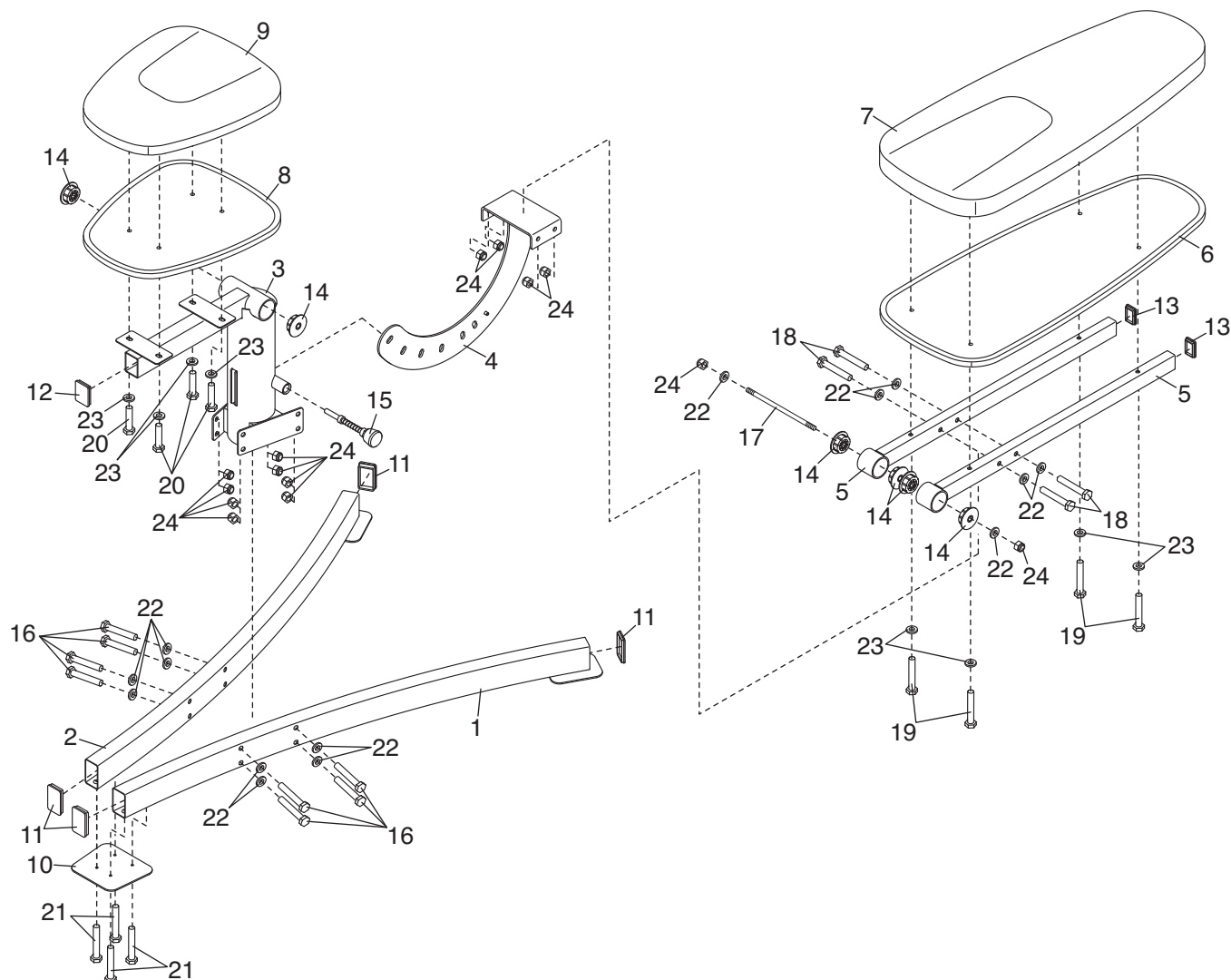
R1008A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Left Frame	17	1	M10 x 256mm Rod
2	1	Right Frame	18	4	M10 x 45mm Bolt
3	1	Seat Frame	19	4	M6 x 60mm Screw
4	1	Backrest Bracket	20	4	M6 x 25mm Screw
5	2	Backrest Frame	21	4	M5 x 15mm Screw
6	1	Backrest Plate	22	14	M10 Washer
7	1	Backrest	23	8	M6 Washer
8	1	Seat Plate	24	14	M10 Locknut
9	1	Seat	*	—	User's Manual
10	1	Foot Plate	*	—	Grease Packet
11	4	38mm x 63mm Cap	*	—	Exercise Guide
12	1	38mm x 50mm Cap			
13	2	25mm x 38mm Cap			
14	6	Bushing			
15	1	Backrest Knob			
16	8	M10 x 55mm Bolt			

Note: Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts. *These parts are not illustrated.

EXPLODED DRAWING—Model No. WEBE1298.0

R1008A



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. Parts and labor are warranted for ninety (90) days from the date of purchase.

This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For replacement parts shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights that vary from state to state.

ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813